



Aging Unit of Iron County

JANUARY 2017

MENU HAPPENINGS

Hurley 561-2108 M-F	Iron Belt 561-2091 Thursday	Mercer 476-2113 or 1-800-950-8744 Tuesday-Thursday	Saxon 893-2333 Monday-Wednesday	Springstead - Wednesday 476-2113 or 1-800-950-8744
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	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
2	CLOSED 	Stuffed Green Peppers Baked Sweet Potato Card Games	Chicken Florentine Pasta Bingo	Chicken Chili Grilled Cheese Sandwich	Ring Bologna Tater Tots	
8		Pork Ribs Sauerkraut Spaetzle	Chef's Choice Boiled Dinner Card Games	Roast Beef Mashed Potatoes Bingo	Spaghetti Italian Sausage	Chicken Shepard's Pie
15		Beef Tips Noodles	Winter Carnival Salisbury Steak Mashed Potatoes Card Games	Baked Chicken Baked Potato Bingo	Poor Man's Lobster Wild Rice	Beef Stew
22		Meat Ravioli W/ Marinara	Pulled Pork Sandwich Mac & Cheese Card Games	Swiss Steak Mashed Potatoes Bingo	Ham Baked potato	Pizza
29		Bruschetta Chicken Pasta	Tater Tot Casserole Card Games			Vegetable, Fruit / Salad, Dessert Bread & Milk Included with every meal

This menu has been approved by Anna Mooi: Registered Dietician

* Items may be changed without notice. All substituted items meet or exceed USDA standards for RDA.